"I was very exhausted and lay down to sleep--when I had a strange experience. First, I was thrust up from my head to my waist into a totally different scenery, perhaps a taxi, with two strange people in the front and one in the back beside me.

"Then, I was totally bodiless in a strange place with a man in a hunting outfit and my best friend walking along the dirt road. I felt the cool summer breeze. She kept walking and then was gone and her voice said to me, 'come, come with me!..and my guide said to go. But, I was frightened so I returned to my body...only to discover that it was my astral body that was thrust forward. Something told me that I was dead, at the end of my life. I begged for it not to be true.

"Then I was in the body again, seeing with my eyes closed, but I found that I could not move my body until I did so with great force. I found myself in a sitting position from using so much force. All the while under this influence, I was given many insights into my life, my body, my conscious, things I am grateful to have learned.

"After the fearful trip, I began to wonder if this was the OOBE that I had read about and concluded that it was. So a few weeks later I tried to do it again. On one occasion my neck locked in the middle of the night and I was forced to look at two people arguing as loudly as possible. One of whom I know in the living, and always seems to be there when I am traveling.

"I would not mention this of course, for fear of being called crazy...not everyone can understand.

"Anyway, I stopped playing and took a physical trip to Florida. I nearly went out of my mind because although I had

no astrals, I had someone teaching me things about reality and shoing me deep things related to myself, life, material gain and sexual misuse that I got so frightened that I went home after a short time. Upon arriving home, I had astrals almost every night for a week or two.

"On another occasion I wanted to check for proff, so I tried to condition myself to go to my best friend's house and verify what she was doing at the time. Instead, I was taken to the outside of a house I used to live in, in New Jersey, bodiless,... I returned quickly...inside my body...seeing with my eyes closed. I saw three dark headed figures of people. No faces. I was trying to move in the physical when I heard a voice say 'get out of here,' and it wasn't exactly friend. I had the feeling it might be soul possession...so I stopped desiring these trips.

Philadelphia, Pa.